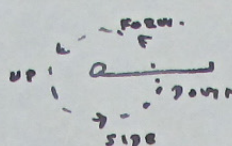

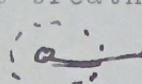




EXERCISED FOR HEART CONDITION HOME USE.

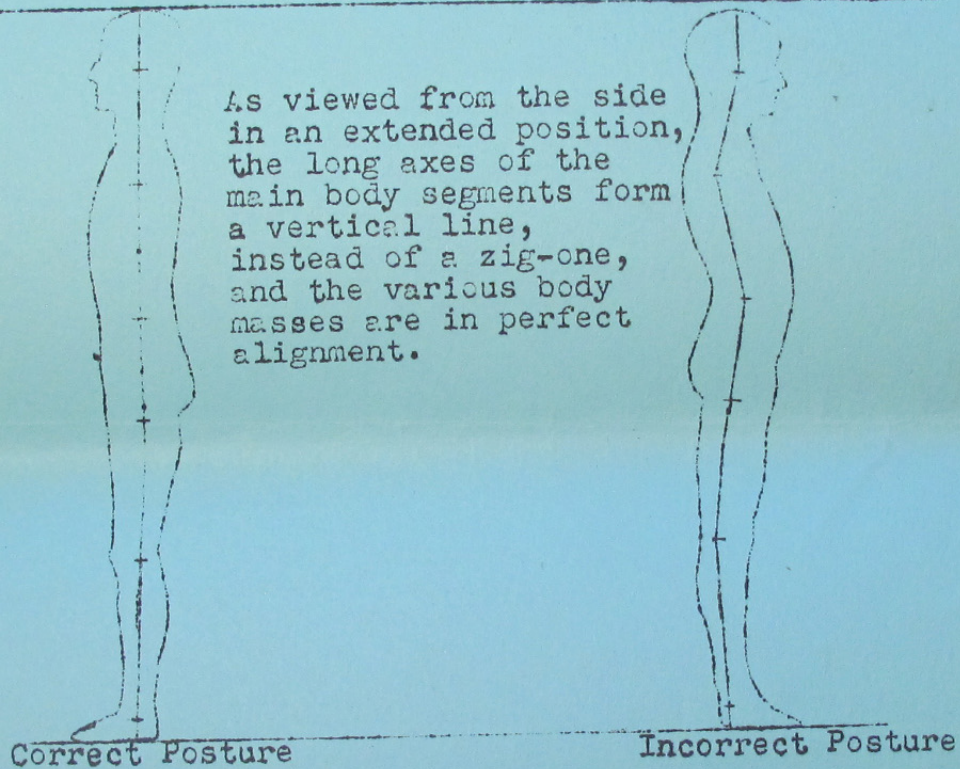
- | | | |
|--------------------------------------|---|--|
| 1. Rest lying on back | — | 1. Body completely relaxed and quiet. |
| 2. Deep Breathing |  | 2. Lying on back, raise arms forward up as breathe in (1) sideward, down as exhale (2). Slowly. |
| 3. Hook lying-knee parting. |  | 3. Spread knees apart, keeping feet together (1) back together (2) Slowly. |
| 4. Arms raising with deep breathing. |  | 4. Lying-raise arms slowly sideward upward and inhale, slowly forward down and exhale. |
| 5. Foot circling. |  | 5. Sitting-cross knees, circle foot that is off the floor down-in-up. Changing feet. 15 counts each foot. |
| 6. Hook Lying |  | 6. Knees bent feet flat on floor. Straighten legs slowly by letting feet slide on floor. Repeat until tired. Slowly. |
| 7. Relax and Rest. | — | 7. Complete relaxation in quiet peace. |

Westmount Y.M.C.A. Department of Physical Education

What is good posture? It is the best adjustment of the bodily segments to each other, and to the body as a whole to its environment.

Vertical Line

Zig-Zag Line



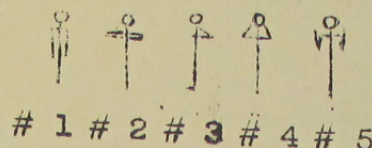
(Note diminishing height with faulty body mechanics)

GENERAL CONDITIONING ROUTINE

1. VERY IMPORTANT Warmup for at least 5 minutes with light arm and leg exercises.

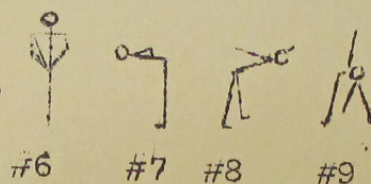
11. Upper Back Stretching

- (a) Starting position as in #1. Take position #2. Force elbows back as in #5. Repeat forward and back 20 times. Keep good body position.
- (b) Take position #4. Force elbows back with the elbows low.
- (c) Take position #5. Repeat as in (a) and (b) forcing elbows back.



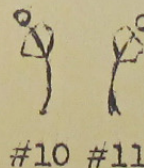
111. Lower Back Stretching

- (a) Start as in #6 with abdomen in, chest up and chin in, feet together. Lower upper body to #7 keeping back flat. Return to #6. Repeat 20 times.
- (b) As in #8. Rotate as in #9 keeping back straight.



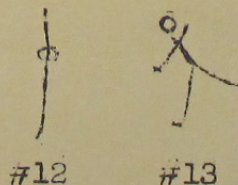
IV. Lateral Trunk Bending

- Start as in #6. Go to position #10 and return. Repeat 10 times. Do 10 times to position #11 and return to #6. Then alternate from #10 to #11 ten times.



V. Balance

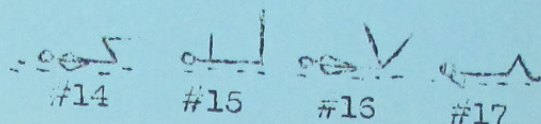
- (a) Take position #12. Keeping on the toes reach as high as possible, and hold for at least 1 minute.
- (b) As in #13. Using arms for balance remain on one foot while changing to as many different positions as possible. Hold until leg tires. Change to the other leg and repeat.



GENERAL CONDITIONING ROUTINE (Con'td)

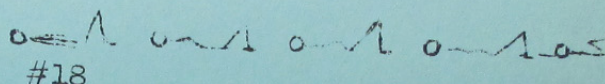
V1. Abdominal Exercises

- (a) As in #14. Extend legs to #15 and return. Repeat 10 times.
- (b) As in #15. Spread arms and legs. Repeat 10 times.
- (c) Take #15. Keeping knees straight, alternately move legs back and forth as in #16. Repeat 10 times.
- (d) As in #17. Raise head and shoulders off the floor at least 10 times.
- (e) As in #15. Extend toes and fingers. Hold for about 1 minute.



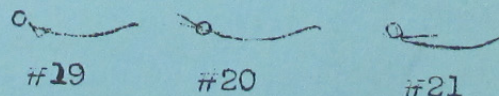
V11. Breathing Exercises

- (a) As in #18. Raise chest. Force breath out through the lips.
- (b) Same as above using abdomen. Exhale fast through lips. Pull in abdomen on exhalation.
- (c) Same as (a) and (b). Fill both abdomen and chest. Exhale through lips.
- (d) Same as (c) except that knees come up to chest, arms above the head.
- (e) Same as (a) except that the breath is exhaled. Chest is raised without taking air into the lungs. Open mouth and allow air to rush into the lungs.



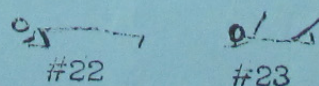
V111. Shoulder Blade

- (a) As in #19. Raise head and shoulders off the floor 10 times.
- (b) As in #20. Swing arms back to hips as in #21 and return to front. Repeat 10 times.



IX. Miscellaneous

- (a) Colon Exercise--As in #22. Lower and raise body up and down 20 times without putting weight of body on the floor. other than on elbows and toes.
- (b) Hip Reducer--As in #23. Raise arm and leg 10 times. Roll over and repeat on the other side.



Did You Know -

That you should not exercise until you have had a thorough physical examination by your family doctor.

That to lose one pound of weight (not water), you must exercise the equivalent of walking 58 miles without stopping.

That cold baths and showers are more satisfactory weight reducers than hot water, steam or cabinet baths but they must be short, and followed by the muscular exercise and friction involved in a quick rub down.

That diet and exercise must be combined for satisfactory results in weight reduction or increase - one without the other may do more harm than good.

That 90 percent of all illness has its origin in the abdominal region, mainly because of weak abdominal muscles.

That poor posture leads to fatigue.

That the brain requires stimulation by exercise just the same as any other part of the body.

That six or eight glasses of water must be taken daily to prevent dehydration of the body and to keep the blood and lymph circulation at a normal level.

That 43 percent of our young men are rejected for general military service.

That nearly 300 muscles are used in standing, and that these are, for the most part arranged in antagonistic sets. Those on the front counteract those on the left, and those on the right counteract those on the left, and vice versa. It will be obvious that more or less uniform strength of the muscles is essential to easy balance in standing.

That exercise should be selected as carefully as food because it is next to food in necessity.

That the normal body requires sufficient planned daily exercise to cause a state of breathlessness about three quarters of the way through the routine. If this does not occur the heart the heart is not given an opportunity to develop a reserve of energy for sudden demands made upon it.

That with improvement in the general circulation the efficiency of the entire body improves. Blood pressure which has been too high or too low tends to seek a more normal level due to the increased return of the venous blood to the heart because of the improved condition of the abdominal and respiratory muscles.

That if the natural desire to play or be active has left the body you are no longer well, and should see a physician at once.

That the body is separated into two cavities by the diaphragm, with a positive pressure in the abdominal one, and a negative pressure in the costal. These pressures must be taken into consideration when breathing exercises are given so that the return of the venous blood to the heart is aided.

That 10 percent of people are well - 80 percent are more or less out of sorts all the time - 10 percent are definitely ill.

THAT IT IS YOUR DUTY TO KEEP FIT IN THESE TRYING TIMES, AND IF A GOOD EXERCISE ROUTINE COMBINED WITH TEMPERATE LIVING, IS CARRIED OUT DAILY A MARKED CHANGE IN YOUR PHYSICAL AND MENTAL WELLBEING WILL FOLLOW. LET US MAKE OUR PERSONAL WAR EFFORT A 100 PERCENT EFFICIENT BODY.

I . . . Communicable + Preventable Diseases.

Dietary Diseases.

Rickets - common in children.

- due to lack of phosphorus, calcium, sunlight.
- builds tissue + bones.

Signs - irritable, anemic, constipated, weak muscles.

Results - Deformation of bone - ricketsy, rosary,
hunchback
bow legs, knock knees. flat feet.

Diabetes - due to - insufficient secretion of insulin from pancreas.

- middle-age - overweight people.

Results - thirst, hunger, excessive urination.
loss of wt. + strength.

Aphthamia - disorder of eyes - blindness.

- due to - lack of vitamin A.

Cure - cod-liver oil, butter, milk.

Night blindness - Affected persons only see in bright light.

- due to - lack of vitamin A.

Cure - liver to diet.

Beriberi - due to - lack of vitamin B.

Results - loss of appetite, weakness, abnormal functioning of bodily organs, Japan, China, Brazil.

Scurvy - lack of vitamin C.

Results - loss of appetite, ~~weakness~~ + int. anemia, swollen legs, bleeding gums, loose teeth, bloodshot skin.

Cure - Raw fruits + vegetables.

Pellagra - lack of vitamin G.

Signs - sore mouth + tongue, digestive disturbances, diarrhea, infected areas on skin.

Cure - yeast, milk, eggs, fresh vegetables.

Glandular Diseases.

Cretinism - due to - insufficient secretion of thyroid gland.

Results - low intelligence, enlarged head, protruding tongue, uneven distribution of fat, decaying teeth. Children.

Cure - thyroid extract.

Myxedema - adult cretinism.

Signs - swollen skin, dull face, physical + mental inertia.

Tetany - muscular spasms - malfunctioning parathyroids.

Cure - parathyroid extract.

Acromegaly - overdevelopment of anterior lobe of pituitary gland. - Enlarged hands + feet, head + body, headaches, spathy, Giantism.

Cure - Pituitary gland extract.

Goiter - enlargement of thyroid - lack of iodine.

Signs - lump in front of neck.

Cure - iodine. Poisonous goiter - operation.

Respiratory diseases

- lungs, trachea, bronchial tubes, throat & nose.

Common cold - Inflammation of upper air passages.

1st symptoms - sneezing, throat, thirst, ache.

2nd " - sore throat, running nose, headache, watery eyes.

Influenza - Contagious epidemic, catarrhal fever.

Signs - Depression, fever, inflammation of nose, larynx, bronchitis - neuralgic & muscular pains.

Pneumonia - Inflammation of lungs.

Signs - Chill, temp. rise, difficult breathing, pain in side, cough - bloody expectoration.

T. B. - Bacillus - formation of tubercles.

Signs - cough, fever, wt. loss, undue fatigue, no energy or interest, hemorrhage, rapid pulse, enlargement of glands of neck, tubercles on lungs.

Diphtheria - Oozing of fluid from throat.

Signs - Sore throat, gray-white patches of m. m. of throat, palate & tonsils, swelling of glands, debility & lassitude.

Whooping cough.

Signs - Cold in head + persistent cough.
"whoop" + nausea.

Asthma. Difficult breathing with oppression.

Signs - Itching under skin of roof of mouth, chest + centre back, dryness, illness, tightness in chest, difficult breathing.

Hay fever. Inflammation of nose + catarrh - tears.

Sneezing, running eyes.

Dysphoid fever. Eruption + intestinal lesions.

Structural tissue change.

Signs - Headache, nosebleed, fever, abdomen swollen.

Dysphus fever. Eruption + depression.

Signs - headache, chills, pains in muscles, dark flushing of skin, rising fever, tongue black. Eruption 4th-5th day.

Nervous diseases.

Epilepsy. Fits - loss of consciousness - tonic clonic convulsions. 5-10 min. "great mal." + "petite mal."

Nervous Aphasia. Coma from effusion of blood or serum into brain or spinal cord.
- disturbance of nervous system.

St. Vitus Dance (Chorea) - convulsive nervous disease.
jerky movements - irritability, depression.
Early in life - hereditary - epidemics.

III Spasmodic Torti-collis.

- disease of nerve. spasm of muscle.

Infantile Paralysis

- virus enters through nasal m.m. recess to nerve centres. - then sense halts.
- carried to brain by nerves or blood - sets up inflammation.

Signs - Fever, cold, face flushes, diarrhoea, headache, back pain, vomiting, drowsiness, irritability, neck stiff. Paralysis in 2 days.

- Recovery begins - paralysis localized.

Sciatica - pain & sensitiveness - post. part of hip, thigh, knee.

Morton's disease (metatarsalgia)

- pain m-ph. jts. 3 + 4. toes.
- dislocation of these joints - pressure on digital branches of lateral plantar nerve.

Insomnia - no sleep, restlessness.

Mental Breakdown

typhoid fever, flu, diphtheria, T.B. diseases of heart, arteries & kidneys.

Hysteria, neurasthenia, hypochondria.

- mostly functional diseases of nervous system

Hysteria - choking sensations, vision dim, paralysis, tonic spasms, convulsions.

Neurasthenia - symptoms - disorder of nervous system with depression.

Signs - Fatigue, lack of energy, back pain, loss of memory, constipation, lack of appetite.



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